



By Bus

St Helier is served by several bus routes including the 151 between Wallington and Worcester Park, the 157 between Crystal Palace and Morden, the S1 between Mitcham and Banstead and the S4 from Roundshaw towards St Helier Station. All of these buses stop directly outside the hospital. There are additional bus routes which run from Rose Hill (about a five minute walk).

Please see the map overleaf to find your nearest bus route and frequency.

By Train

St Helier has several train stations nearby and they are all linked by one or more of the local bus routes. Stations include: Sutton Common (about 1km), St Helier (about 1.5km) and Carshalton (about 1.7km).

Trains from St Helier and Sutton Common are on the line which runs between Sutton and Wimbledon, with direct links to Blackfriars and Kings Cross. Trains from Carshalton are on the line that runs between Sutton and Mitcham, with direct links to London Bridge, Victoria, Epsom, Horsham and Dorking. The closest London Underground station is Morden (about 2.5km) which links to the Northern Line. The closest Tramlink station is Mitcham Junction (about 2.2km).

For further information on train services and live timetable information please visit www.nationalrail.co.uk

By Bike

St Helier has an extensive cycle network serving the hospital. Information about cycling in London, and a cycle journey planner, can be found at www.tfl.gov.uk/cycles. Transport for London (TfL) Cycling Guides 10 and 12 provide detailed cycling routes for the area and copies of the guides are available from TfL.

Cycle parking is available on the site, some of which is reserved for staff. For access to the secure cycling parking facilities on the site contact the security team on ext 721 2335.

The Trust operates a cycle to work scheme (called Cyclescheme). The scheme allows employees to buy a bicycle and safety equipment through a salary sacrifice arrangement. This means you can save up to 40% on the cost of a new bicycle and equipment. Further details of the scheme can be accessed through the Trust intranet, Insight (under the travel section).

Workplace travel plan

The Trust is required to have a workplace travel plan which aims to reduce the number of single occupancy vehicles travelling to our sites by encouraging staff to consider alternative, sustainable methods of travel.

The travel plan sets out various initiatives including encouraging staff to car share, asking staff to consider using public transport where appropriate and increasing the number of staff walking and cycling to work.

The Smarter Travel team has helped the Trust run travel events, offering free personal travel programs for members of our staff and also for local residents, and offering free cycle training and cycle maintenance courses.

For a copy of the plan, please contact Gloria Randall, waste management advisor, on ext 723 3933.

Epsom and St Helier University Hospitals NHS Trust provides services at a number of other local hospitals.

Travel information on how to get to all other sites can be found on the Trust's website at www.epsom-sthelier.nhs.uk

By Foot

All walking routes to the site are well maintained and well lit. Walking regularly, like other physical exercise, can bring about major health benefits such as reducing coronary heart disease and obesity. As well as being a healthy option, it is also friendly to the environment.

St Helier is about a 30 minute walk from Carshalton and a 40 minute walk from Sutton. Try replacing one or more of your journeys each week with a walk to work.

Remember to stay safe while walking and travel in a group where appropriate. Check out the journey planner www.walkit.com for ideas on walking routes.

Shuttle bus

The Trust runs an inter-site shuttle bus between St Helier Hospital, Sutton Hospital and Epsom Hospital. This service operates from 7am to 6pm with the following timetable:

St Helier – Sutton – Epsom

St Helier Hospital (departs)	07.00	08.00	09.00	10.00	11.00	12.00
Sutton Hospital (departs)	07.20	08.20	09.20	10.20	11.20	12.20
Epsom Hospital (arrives)	07.40	08.40	09.40	10.40	11.40	12.40

St Helier Hospital (departs)	13.00	14.00	15.00	16.00	17.00	18.00
Sutton Hospital (departs)	13.20	14.20	15.20	16.20	17.20	18.20
Epsom Hospital (arrives)	13.40	14.40	15.40	16.40	17.40	18.40

Epsom – Sutton – St Helier

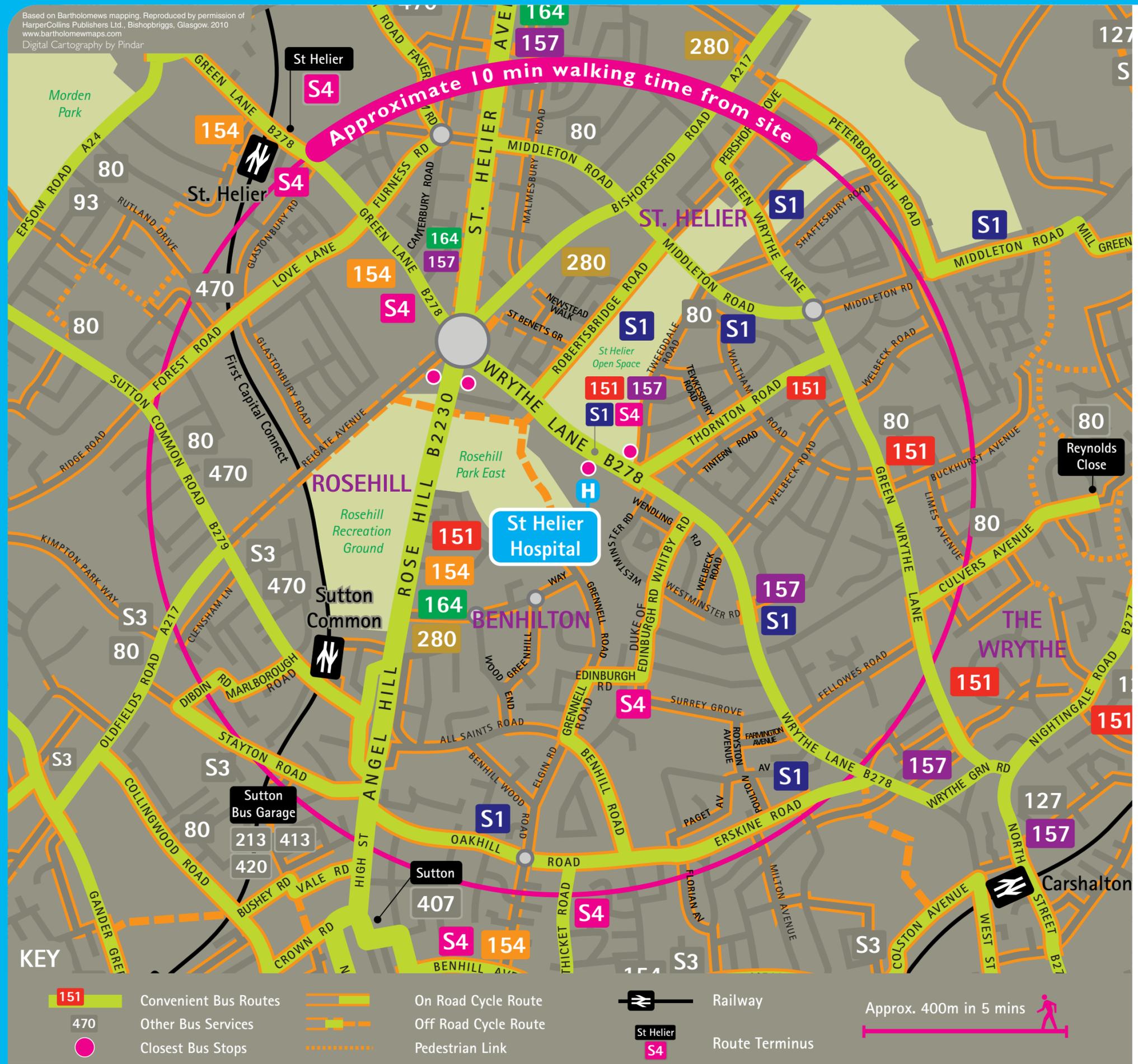
Epsom Hospital (departs)	07.00	08.00	09.00	10.00	11.00	12.00
Sutton Hospital (departs)	07.20	08.20	09.20	10.20	11.20	12.20
St Helier Hospital (arrives)	07.40	08.40	09.40	10.40	11.40	12.40

Epsom Hospital (departs)	13.00	14.00	15.00	16.00	17.00	18.00
Sutton Hospital (departs)	13.20	14.20	15.20	16.20	17.20	18.20
St Helier Hospital (arrives)	13.40	14.40	15.40	16.40	17.40	18.40

St Helier Hospital

Wrythe Lane, Carshalton SM5 1AA
 t: internal (723) 3933 t: external 020 8296 3933
 e: Gloria.Randall@esth.nhs.uk
 w: www.epsom-sthelier.nhs.uk

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Digital Cartography by Pindar



Bus Frequencies

- 151 Worcester Park - Wallington** Daily ↻

Worcester Park ⇄ - Cheam - Sutton ⇄ - Rosehill - St Helier Hospital - The Wrythe - Hackbridge ⇄ - Wallington ⇄

Monday to Saturday daytime 8-12 minutes.
Evenings and Sunday 20 minutes.

Operated by London General
- 154 Morden - Croydon** Daily ↻

Morden ⇄ - Morden South ⇄ - St Helier ⇄ - Rosehill - Sutton - Carshalton Beeches ⇄ - Wallington - Roundshaw - Waddon ⇄ - Duppas Hill - West Croydon ⇄

Monday to Saturday daytime 10-12 minutes.
Evenings and Sunday 20 minutes.

Operated by London General
- 157 Morden - Crystal Palace** Daily ↻

Morden ⇄ - Rosehill - St Helier Hospital - The Wrythe - Carshalton ⇄ - Wallington - Waddon ⇄ - Croydon ⇄ - West Croydon ⇄ - Selhurst ⇄ - South Norwood ⇄ - Anerley ⇄ - Crystal Palace ⇄

Monday to Saturday daytime 9-12 minutes.
Evenings and Sunday 20 minutes.

Operated by Abellio London
- 164 Wimbledon - Sutton** Daily ↻

Wimbledon ⇄ - Merton Park ⇄ - Wimbledon Chase ⇄ - South Merton ⇄ - Morden ⇄ - Rosehill - Sutton ⇄

Monday to Saturday daytime 8-11 minutes.
Evenings and Sunday 15 minutes.

Operated by London General
- 280 Tooting - Sutton** Daily ↻

Tooting St George's Hospital - Tooting Broadway ⇄ - Tooting ⇄ - Mitcham ⇄ - Rosehill - Sutton ⇄

Monday to Saturday daytime 8-12 minutes. Sunday 10-14 minutes.
Evenings 20 minutes.

Operated by London General
- S1 Mitcham - Banstead** Daily ↻

Mitcham - Mitcham Junction ⇄ - Beddington Corner - St Helier - Robertsbridge Road - St Helier Hospital - The Wrythe - Oakhill Road - Sutton ⇄ - Belmont ⇄ - Banstead

Monday to Saturday daytime 20 minutes.
Evenings and Sunday 30 minutes.

Operated by Quality Line
- S4 St Helier - Roundshaw** Mon-Sat ↻

St Helier Station ⇄ - St Helier Hospital - Oakhill Road - Sutton ⇄ - Grange Road - Holland Avenue - Belmont ⇄ - Woodmansterne Road - Carshalton Beeches - Carshalton-on-the-Hill - Wallington ⇄ - Woodcote Green - Roundshaw

Monday to Saturday daytime and evenings 30 minutes.
No service on Sunday.

Operated by Quality Line

For further information call 020 7222 1234 or visit www.tfl.gov.uk

KEY

- 151 Convenient Bus Routes
- On Road Cycle Route
- Railway
- Approx. 400m in 5 mins
- 470 Other Bus Services
- Off Road Cycle Route
- St Helier Route Terminus
- Closest Bus Stops
- Pedestrian Link